



## Cheeseburgers with Charred Green Chiles and Onions

READY IN



45 min.

SERVINGS



6

CALORIES



993 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 cup barbecue sauce prepared
- 2.3 pounds ground beef freshly ground
- 12 slices cheddar cheese room temperature thin
- 0.5 teaspoon pepper black
- 0.5 cup mayonnaise
- 3 poblano pepper
- 1 teaspoon salt
- 6 hotdog buns split

- 6 servings vegetable oil

## Equipment

- bowl
- whisk
- grill
- skewers
- metal skewers

## Directions

- Whisk mayonnaise and barbecue sauce in small bowl to blend. Cover and chill.
- Mix ground chuck with 1 teaspoon salt and 1/2 teaspoon pepper just to blend (do not overmix). Form mixture into six 1 1/2-inch-thick patties. Cover and let stand at room temperature 30 minutes.
- Prepare barbecue (medium-high heat). Run 1 metal skewer horizontally through center of each onion slice.
- Brush onion slices lightly with oil to coat. Rub chiles with oil.
- Transfer onions and chiles to barbecue. Grill onions until softened and browned, about 5 minutes per side.
- Remove skewers from onions. Chop onions; transfer to small bowl. Char chiles until blackened on all sides. Enclose chiles in paper bag 10 minutes. Peel, seed, and chop chiles.
- Mix into onions. Season onions and chiles to taste with salt and pepper.
- Sprinkle burgers with salt and pepper. Grill burgers until cooked to desired doneness, about 4 minutes per side for medium. Top each burger with 2 cheese slices during last minute of cooking.
- Place bottom halves of rolls on work surface. Divide chile-onion mixture among rolls.
- Place cheeseburgers atop chile-onion mixture.
- Spread 1 tablespoon mayonnaise-barbecue sauce over cheese, cover with bun tops, and serve, passing remaining sauce.
- Freshly ground meat really does make a juicy difference when it comes to burgers. Simply pick out a nice piece of chuck roast at the supermarket and ask the butcher to grind it for

you.\*Fresh chiles available at Latin American markets and some supermarkets.

## Nutrition Facts

**PROTEIN 17.09%** **FAT 68.8%** **CARBS 14.11%**

### Properties

Glycemic Index:30.17, Glycemic Load:13.2, Inflammation Score:-7, Nutrition Score:30.850869437923%

### Flavonoids

Luteolin: 2.8mg, Luteolin: 2.8mg, Luteolin: 2.8mg, Luteolin: 2.8mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg

### Nutrients (% of daily need)

Calories: 993.35kcal (49.67%), Fat: 75.46g (116.09%), Saturated Fat: 24.3g (151.9%), Carbohydrates: 34.82g (11.61%), Net Carbohydrates: 32.79g (11.92%), Sugar: 12.65g (14.06%), Cholesterol: 162.61mg (54.2%), Sodium: 1299.69mg (56.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 42.18g (84.37%), Vitamin B12: 4.11µg (68.46%), Selenium: 47.44µg (67.78%), Vitamin K: 67.2µg (64%), Vitamin C: 48.53mg (58.83%), Zinc: 8.82mg (58.78%), Phosphorus: 488.25mg (48.82%), Vitamin B3: 9.41mg (47.07%), Vitamin B6: 0.75mg (37.64%), Calcium: 348.48mg (34.85%), Vitamin B2: 0.56mg (33.04%), Iron: 5.23mg (29.05%), Vitamin B1: 0.36mg (23.68%), Vitamin E: 3.24mg (21.58%), Potassium: 702.74mg (20.08%), Manganese: 0.38mg (19.08%), Folate: 66.39µg (16.6%), Magnesium: 57.4mg (14.35%), Vitamin A: 627.69IU (12.55%), Vitamin B5: 1.13mg (11.27%), Copper: 0.22mg (11.19%), Fiber: 2.03g (8.13%), Vitamin D: 0.41µg (2.74%)